

2018 Eckhart Tolle Transmuting Suffering Into Peace Audiobook

[Speaker 1] (2:01 - 48:59)

The story that has not fulfilled itself yet, but is hoping to fulfill itself at some point in the future. That's why I'm always looking there. And when you're looking to future, you are immersed in your mind.

In the mind, the noise machine in the head is acting. So one could almost say that almost everybody is possessed. Not in a spooky way, don't...

But one could almost say everybody is possessed by their mind, which is the continuous movement of thought, out of which has crystallized a thought made entity. That consists of all kinds of identifications. My past, things that happened to me, my possessions, my this, my that.

Or it could also be in part a collective sense of identity, equally thought made, that is even more restless and unhappy and destructive, ultimately, than the personal egoic identity, the us, the tribe, the nation, our little group, our race, our political party or position. So most humans go through life mistaking the mind made entity that lives for the next moment, because it's never fulfilled in this moment. And the past wasn't all that great either.

It wasn't supposed to happen. So many things in the story of me were not supposed to happen. And usually, this moment, most of the time, isn't the greatest place either.

It's not supposed to happen either. I want something else, but not this. I want that, not this.

But unfortunately, this cannot be denied because it is. Is is something you can't really argue with, and if you do, you're insane. The form that this moment takes is already as it is.

But for most humans, there is the gap between I want and what is. They are not aligned. So humans are continuously out of alignment with the suchness the isness of now.

Internally, out of alignment. An unpleasant place to be, especially if you're there for most of your life. Now in nature, nature is so beautiful because things are aligned with now.

Plant life, animals, they're just present. Of course, every form has its own limitations. Animals too have their limitations, and in some ways, greater limitations than humans.

And yet, compared to most humans, the whole world of nature looks very sane, whereas the human world looks, to a large extent, quite insane, which means mad. So to be out

of alignment with the isness of this moment is the normal state of the mind-made egoic self. How do we become free of that?

And the first, the most important step is being taken already at this moment, which is to see this. If you see that you are out of alignment or have been out of alignment with now, something arises in you, that which makes that seeing possible is not part of the egoic structure. It's presence.

It's only through being present that you can see the conditioned patterns in your own life. And only by remaining present and continuing to look can you avoid making the seeing of these conditioned patterns in yourself into a personal problem that you need to solve at some point in the future. The fallacy on the spiritual path of hoping, striving to achieve an imagined state of consciousness in the future.

Yes, but I'm not there now, so where else can I look for it except in the future? Who is speaking? The mind.

The ego. The ego telling you, the only way you can get there is in the future. That's the only place where you can find yourself.

Now, am I asking you to forget your personal past? No. There's no need to forget your personal past or to forget what you have learned, your personal history.

But if that gives you your sense of identity, that limits your life enormously. So remember your personal history. Of course, it's fine.

But don't look to it for yourself, a sense of self that can only come out of the aliveness of this moment. Now, you need to bring present moment awareness into your everyday life. Otherwise, you walk out of here.

Yes, you will have received an enormous boost of presence in this collective energy field. Most of you, except those few who are totally close to it and are sitting there at this moment thinking, what the hell is he talking about? As you sit here, most of you are absorbing as part of the collective field which can be quite powerful when people together enter the state of presence.

It intensifies it. So it can be very helpful. And yet, as you walk away from here, the momentum of the conditioning, the old conditioning in your mind, will attempt to reassert itself quickly.

At the latest, it will come when the first little challenge comes into your life where the present moment isn't as it should be. There's a traffic jam or something falls or somebody says something that they shouldn't have said. And you feel you have reason to complain again.

What are you complaining about? Well, somebody did something or the situation that... You're complaining about the now, which the egoic entity loves to do because it strengthens itself through every little internal...

You don't have to complain out loud. It's enough to complain in your head, which for some people is 80% of their mind activity. And they go through life unconsciously looking for the next thing to complain about.

Let's hope they don't find you because they find you, very soon they will find something in you to complain about. And to feel personally offended. And in that, the ego, in its imaginary sense of self, feels stronger for a moment.

You got like a little balloon. The complaining entity gets a little bigger. And you feel, I'm more fully myself now because I'm complaining about something.

And again, it's unconscious. And another unconscious aspect of this is that for that moment, the ego feels superior to the person or the situation that it is complaining about. That's another fantasy, of course.

And imagine superiority because when you can complain about a situation or a person, what he said and what he did and what they did and shouldn't have done and whatever, it could even be the weather. Why don't the government do something about the weather? It's a little exaggeration, but it's almost like that.

Some people continuously have arguments with God. They say, this isn't right. How can you do such a thing?

And some people angrily deny the existence of God because surely this moment would be different if I were in charge. So there is an imagined superiority when you complain about something because you feel superior to what you complain about. You're morally superior now.

And you're very right and somebody else is wrong. Oh, that's great. That makes me feel much bigger, says the ego.

The ego loves to be right. Now, to be right, unfortunately, somebody else has to be wrong. So as you walk away from here, you may notice habitual reactions coming back.

Habitual thought patterns and reactive patterns. And you may then suddenly lose the now, just as I demonstrated before. You go from alive to half dead.

When you meet a person like that, you know they are not really there. They are in their thoughts. But in most of you, there is enough presence to notice very quickly when an old pattern, conditioned pattern comes back, a reaction, a reactive pattern comes back.

And after a short while, you see it for what it is. So you're no longer totally in it. The

moment you notice, you see, you are aware of an old pattern in you, you are no longer trapped in it.

The awareness frees you from it. You become present again, and you have a choice then. You choose to be in this moment instead of complaining about the traffic jam or whatever the situation is.

Or the bad food that you are given in the restaurant. Am I saying that whatever happens to you, you are to say yes to? Only internally, not necessarily externally.

Why should you accept a fish that's gone off if you're ordering fish? It doesn't smell good anymore, and it costs 20 euros on the menu. So some people misunderstand this teaching and think, okay.

I have to say yes to this moment and eat this. But that is not the case. An inner yes, yes.

That means you are internally not complaining about the situation. You are accepting that yes, this fish is not really fit to eat. You can't eat it anymore.

That's the reality. And then you told the waiter and say, oh, can you take this back, please? It doesn't smell good.

Bring me some fresh fish if you have some. That's not complaining. That's rectifying the situation.

But you are not personalizing it. You are not using the situation to blow yourself up as the ego. How dare you serve me this?

Me? To me? And that usually produces a corresponding egoic reaction in the other person.

And the waiter says, what do you mean? Nobody else has complained about the fish that we serve here. And that's one typical human situation.

So very well it is possible that quite often the situation may require a firm no. I am not eating this. And yet, do you notice a difference between the complaining no that feels personally offended and a clear no.

This is not what I want. Please take it back. Internally, there is still an acceptance of the fact that this fish you don't want to eat and you should take it back.

That's fine. So it is, as I mentioned briefly in *The Power of Now*, which you may remember, it is a high quality no. And high quality no's are fine.

They are often required in life. Now, if you were stranded in some place and there's no food and the only food there is is this fish that doesn't smell good, you may have to eat

it. And then you say somebody gives it to you and nobody else is giving you any food and it's the only food there is in that place.

Then there would be the internal and external saying, yeah, okay, I'll eat this because there's nothing else to eat. That's fine. So at times you go along with the situation.

At other times you may have to say no. And yet, without the egoic involvement in the no that makes somebody wrong and makes yourself right, then life unfolds with much greater ease. You are less likely to fuel the unconsciousness in others if you are conscious.

If you are not there as an egoic entity needing to be bigger. So you're less likely and so your state always transmits itself to others. Whoever you come into contact with, your state of consciousness transmits itself to others.

And the more unconscious they are, the less presence there is in them, the more they will react and reflect back to you your state of consciousness. In order not to compulsively reflect back to people their state of consciousness, there needs to be great alertness and presence in you. And so, let's reverse the situation in the restaurant.

You are the waiter and the customer says, how dare you serve me this bad fish? If you are present, this is the isness of this moment, an angry customer wanting to be right and wanting you to be wrong. And you see that.

You see it without needing to label it. You see, there's the human ego and it does what it always does. That's all.

There's not even a person there. It's just the human ego operating through this being. There's a being underneath, but it's asleep.

There's a beautiful being underneath, but it's... And the ego is talking. Hello.

Welcome. It seems that we are going to be here together for three hours, except for those who leave early. That seems a long time when the only subject matter of our gathering is the now.

And the only real topic that we speak about is the now. And if you are not fully in the now as you sit here, the three hours may seem a long time. If you are not fully in the now as you sit here, which is the normal state, the normal state is not to be in the now, you're already becoming impatient at this moment.

Ultimately, what that means is not that you cannot stand the speaker because he's not interesting enough, but you can't really stand being with yourself for that long. But this gathering, the purpose of it is to help you in your ability to be present. So if you're not yet fully present now and thinking about tonight's dinner, or that you'd rather be

somewhere else, or about something that happened this morning, or 20 years ago, that's okay.

I'm inviting you to be here, present, at this moment as if there were no past and future. Just pretend for one moment that there is no past and future. If the past is here, the future is here, you go and don't move away with your attention, your conscious attention, from this moment and whatever appears in this moment.

Sense perceptions, the room, visual sense perceptions, seeing, auditory, hearing, the voice, background noises, feeling perception, the body on the chair, breathing, and perhaps even the inner aliveness that is in your body. The cells are alive. You may be able to feel that in a very subtle way.

This is what appears in this moment. And to know it, you don't need to label it, just look at it. Let it be.

Allow this moment to be as it is. And if there is impatience with what we are doing, which is the mind saying give me something to think about, and it's not getting very much to think about, if there is impatience, allow that to be, observe it, there it is, that movement. So in addition to those things that make up this moment, outer and inner, is there anything else that perhaps we may have overlooked?

Yes. There is a presence in which those perceptions appear, are perceived. That is you.

A field of aware presence. A field of attention. There is enormous energy in that field.

And if you could sense that in the background of your life, always, but that is not a requirement, the requirement now is just this moment, because it's always only this moment. If you could sense in the background the presence that you are, you are putting this whole puzzle together. The floating atoms and molecules become a world.

But they wouldn't become a world without you. The conscious presence that you are. So you are the light that illuminates the world.

The light that makes it possible. So to sense, to be able to sense in the background of your life, which is always this moment, to be able to sense in the background of the now, your own presence. And you cannot grasp it because it has no form.

It is formless. And then it may start with feeling the aliveness in the inner body. That's part of the presence that you are.

A field of awareness. And then there's the world. There's the outer world.

And there's the inner world of thoughts, occasional thoughts, of feelings, emotions, physical sensations. And then when you go about your life, there are experiences. Things happen all the time.

Good, bad, continuous flux of things happening. And this is why people say there are so many moments in every day. That's not true.

There's only ever this moment. But it takes on form that changes. The form that it takes changes continuously.

Nothing lasts for long. Every form that this moment takes is fleeting. This morning is gone already.

You were having breakfast. Where is that moment? Gone.

You walking through the door here, that's gone. Your whole childhood, distant memory. And even our gathering seems very real at the moment.

And yet, eventually it will be just dissolved. Then there remains a memory. Except for one thing.

There is something deeper here. We are here to touch a deeper dimension that does not come and go in yourself. And that deeper dimension is inseparable from the present moment.

It is one with the present moment. So in essence, one could say, although it sounds a little strange, that you are the present moment. You are the now.

The field of now. The space of now. And you can sense that as your own presence.

As you sit here, allowing this moment to be as it is, and feeling that which cannot really even be named or grasped in the background of your life. Your consciousness, you could call it. And that's just another word again, a little pointer.

Knowing yourself as that and that there is an intense aliveness in you when you touch that. And you thought perhaps that all that you were or all that you are is confined to your personal history. What a dreadful limitation of the depths of who you are to believe that who you are can be defined through your personal history.

That little story of me. The unfulfilling and unfulfilled story of me. Hoping that one day it will fulfill itself and I will find the completion of myself, the fullness of myself that I'm looking for in the future.

Hoping to get what I think I need to add to myself, to make myself full, complete, alive, fully alive. Missing continuously the aliveness that is already in you. It is almost a joke how humans live.

How they look for something where it can never be found. How they look for themselves the fullness of who they are, the completion of their sense of self. How they look for that in the future, in some next moment.

And how compulsively they are driven to seek always the next moment. And how compulsively they ignore and even actively resist this moment that is the door that's always open. Not realizing that future has no reality except as a thought in your head that it can never come, that it can never fulfill you.

You can never find yourself in it because it's only a mental concept. When it comes, the future is the now. And then again, there's the next moment where I'm hoping to get to.

Now this is not the normal way to live. Most humans live predominantly for the next moment or the one after that. And that compulsion is deep seated.

The denial of the now which ultimately is the denial of life itself and the denial of your own reality is deep seated in every human being because inherited collective conditioning. And it can reappear at any moment. Even while you're sitting here it can reappear.

And if you looked at somebody at that moment of transition from being present to being lost in future which is lost in thought then you would notice an absence replacing the presence. And you can see it in people's eyes and in their expression. It goes like this.

Presence is beautiful, alive. And then a thought comes in and it draws attention, consciousness to itself. It sucks up consciousness and then you notice the aliveness and the power that you could see in the eyes is disappearing and it goes you're gone.

Now most people are gone all the time. They go through their entire life with perhaps a few rare moments of presence. They go through their entire life being absent from the present moment the only thing there ever is.

And of course also that implies being absent from themselves. And who are they? Who is taking the place of the beautiful alive powerful being that potentially they are?

Who is pretending to be you a little mind made entity called me and my story. And some there are I have met some waiters observed some waiters the way they deal with their customers is beautiful. There are some waiters who are like spiritual teachers and they go oh I'll see what I can do.

Certainly I'll take it back to the kitchen and if we have some fresh fish he will bring it to you. And then the person that wanted an ego boost from that situation will feel a little uncomfortable because of the lack of reaction it's not getting the desired ego boost and it might make another attempt and add something and say something else. I thought this was supposed to be a good restaurant.

I'm going to write to the papers about this. And again the conscious waiter says doesn't reply reaction I'll see what I can do. And then either comes back and says we have no more fish or bring something fresh.

So you will be confronted continuously in this world with people who want to use you without knowing it to enhance their sense of self. And if you then resent that I resent that you want to use me to enhance your sense of self you are personalizing something that looks personal but isn't personal at all because the ego is a collective entity there's nothing personal in it it is a form of unconsciousness that many humans in their current evolutionary stage manifest. That's all.

Nobody there. Just a form of unconsciousness. So you meet these people and that doesn't make you superior because the moment you feel superior you have fallen back into some identification with form as the me the egoic form without knowing it.

So if you feel spiritually superior you have another ego the ego has assumed another disguise. So as you walk away from here you will encounter many situations where the world often in the form of other humans most of the time will pull you back wanting to pull you back to its own level of consciousness wanting you to participate in the game of feeding egos and using others to feed yours and if there's enough presence in you you can actually choose not to participate anymore in that game. You can remain clear as people attempt to pull your get some emotional reaction or mental reaction from you and you need to you need to turn up the light of consciousness when you're confronted with a challenge when everything is going fine it kind of it's consciousness you're present it's good you look at this beautiful tree the sky feel the underlying presence that you are and then an unconscious humans comes knocking at the window of your car that's standing at the traffic light shouting obscenities

[Speaker 3] (49:03 - 49:04)

you idiot

[Speaker 1] (49:04 - 1:28:24)

you what you know what you just did no you what you my whatever it is it may be totally imaginary he needs an outlet for his emotion that's been he's been carrying for three or four hours and he's chosen you and at that moment not to be drawn into a reaction at that moment there's a critical moment either you will be pulled into his unconsciousness or you will stay present more intensely present than a moment ago when you were looking at the tree so looking at the tree is like this when you're present and when you're confronted with an unconscious human you have to go you have to look almost like a Zen master not quite as fierce and you have to be in touch with your whole body in that situation you can't just be in the head only if you feel the entire energy field of your body the inner aliveness that will provide the anchor for staying present and you can feel it it's almost tingle sometimes when you're very much in there with your attention and that anchors you in yourself your true being and prevents you from losing yourself in some egoic reaction emotional mental reaction calling the other person an even greater idiot in order to compensate for the ego loss because to the ego when somebody calls you

something it's like the ego feels injured in its artificial sense of self as if somebody had come with a hammer and knocked off part of you when somebody calls you you idiot it feels to the ego as if somebody had come with a hammer and knocked off part of who you are and the unconscious repair mechanism immediately jumps in and will call the other person something else even worse so that you can repair your diminished ego when somebody insults you the ego feels diminished in its sense of self it then automatically reacts and insults back if possible even worse and that is the automatic ego repair mechanism expressed beautifully by an ancient teacher when he talked about somebody hitting you on one cheek the normal reaction is and it's totally automatic there's no nobody says okay now I'm going to hit you back I'm going to be as unconscious as you are just like that's of course not formulated because when unconsciousness is recognized as unconsciousness it's no longer unconscious so the compulsion to repair your ego is very strong the ego immediately jumps into action but the loss the diminishment of the ego that is experienced is actually an illusion because the entire egoic structure has no reality so it is also an illusory loss nothing is lost when somebody calls you you incapable fool are you talking to me now if ten people within the space of a week in your new job call you incapable there may well be something to look at in your life that is a different matter but more often than not those things are egoic games that people play and so what to the ego feels like a diminishment is not a diminishment at all and you can simply find that out if you allow an apparent diminishment of the ego to be there without reciprocating in any way so that looks like this somebody says you stupid fool and you have to be really present now in your entire body because you are not resisting any kind of resistance or shutting yourself off against the energy of the other person is not the solution it's intense presence you fool and you feel something in you wanting to react you simply allow it because you see the madness of it and that is a very strange thing if you allow what to the ego feels a diminishment just to be there immediately after you may experience a boost of aliveness that comes from underneath the ego so what who you are can suddenly emerge a little bit more and that's almost it's very strange some people get angry when I talk about these things because they say oh I should not defend myself in some cases you may have to say certain things in many cases defense is only a reactive mechanism and so this is of course part of the teaching of Jesus also dealt with this to allow the diminishment of the ego and simply be present with it and then you feel there's great power underneath it and there's a stillness in that it is a very still power and that's why Jesus said don't do to people what they do to you don't love your enemies it's a strange way of putting it and so life always gives you exactly what you need and you've had all the pain that you needed you have had to bring you here some needed a lot of pain to get here others may only have needed a little that's fine and then comes a point where you realize I'm done with pain I don't need it anymore now when that realization comes you no longer create pain for yourself and how do you do that simply by becoming externally aligned with this moment because it's only that which really creates pain and what happens to your pain body then when you say I'm done with the pain that will still come up

occasionally because it has old momentum it's old momentum is still there it goes vroom vroom vroom but then a bit more slowly vroom vroom vroom vroom vroom it's gone the less you personalize the pain that you feel and associate it with this mental story that in your head the more you're able to allow it to be there and watch it the more quickly it becomes transmuted and it becomes fuel for your consciousness the pain becomes fuel for awakening so that may be the reason why there is so much pain but don't tell anybody because not everybody is ready to hear this and if pain is still if new pain comes into your life in some form as physical pain or enormous loss suddenly in your life you lose someone close to you your job and your home all within the space of three months and I know people to whom this has happened she left me I lost my house they sacked me from my job and the stock market has collapsed and then I crash my car and then the doctor says there is something wrong with the body life may do this it does that to some people what then if that should happen to you and you can bring it uncompromising surrender to what is to it and stick to this moment only because if you leave this moment you will be very unhappy especially if everything around you has collapsed stick to just what is there at this moment just this and the rest is surrender to what is as it is always then the enormous loss will become transmuted very quickly the more you surrender which is bring inner acceptance to something that is anyway as it is the more quickly the seemingly negative in your life will become transmuted not only will it become transmuted in you it will become it will provide the fuel for consciousness in you strangely enough it also becomes transmuted on an external level where once you surrender situations very quickly change and the more you are aligned with what is and that alignment needs to be uncompromising when what is looks dreadful on the surface collapse great loss and so on illness the doctor saying you only have a few more months to live and I personally know people who have gone through in deep one incredible awakening you can almost see they're shining like a sun and they may die in a few months they know life has taken away time from them no more future which really is the greatest thing that can happen to you because time is the ultimate illusion that you have more future to find yourself in you don't find yourself there anyway so if life takes away future from you all that's left is this and surrender to this and for some people what could have been the most dreadful thing that could happen to a human being through uncompromising surrender has become the awakening and the flowering of the entire being so if you encounter great suffering external things going wrong in your life it's a it is truly a great opportunity for transmutation a very great opportunity and in the absence of that you will have to make do with all the little things that continuously happen in your life the unconscious humans you meet the egoic entities the little egos that meet every day wanting this and wanting that and the pain bodies wanting something from you you have to work with that bring the yes to that let's take a little break now and move the physical vehicle without losing presence and return when the clock hand indicates number four in the present moment similar case would be to be wrong in a discussion you have an argument with your partner and suddenly to let go of your mental position that you have clinging to this is how it is and suddenly you let go of

the position and are simply present at that moment and you feel much greater aliveness you haven't died when you're wrong or you might even say oh you're right I was completely wrong there you haven't died you're more alive to the ego being wrong is a kind of death so bringing into everyday life presence what I've said here what I'm saying here implies that there is enough presence power in you so to speak so that you can be there when those things happen you can be there as the witnessing consciousness when the old patterns are happening if you are not there there's nothing you can do no matter how much any teacher can say if you're not if you're totally identified there's nothing you can do because you don't even know what you're doing and then there's the pain body that makes that gives an added dimension to the momentum of the ego the pain body as you know is the accumulation of old emotional pain from the past in you all the pain that has not been fully faced and since humans very rarely fully face anything because that would imply they have to be present in the now there is an accumulation remnants energetic remnants of past emotional pain suffered especially in your childhood but also afterwards and not only that that's only the personal aspect of the pain body then it has another aspect and that is the collective aspect of the pain body whatever group of people you live with the surrounding culture or nation that you live in also will have some influence on how heavy your pain body is because for most people a part of their personal pain body is actually the collective pain body of their country or in some cases their race if the race has suffered a lot as a race so countries have different degrees of pain body you can feel it as a heaviness when you enter a certain country that's in the air everybody walks around looking heaviness in the collective there is also the pain body of humanity because humanity has suffered so much dreadful pain most of which is self inflicted in other words by humans on other humans that is inherited by every human who comes into this world it's probably in the DNA somewhere we could decipher all the information that the DNA carries I'm sure we would find there oh there is all the pain in that little segment there this is the human pain so the pain body that humans carry is one could say the shadow of the ego because they have lived through in and through ego for so long that so much pain has accumulated because the ego creates always more pain it lives on separation it loves conflict it loves to oppose it is continuously in a state of fear fearful that the little things that I have identified with are going to be taken away from me and fearful that I may not find all the things that I still need to be fully myself so all that continuous fear creates emotion continuous fear thoughts create fear emotions over thousands of years and the actual physical violence inflicted on humans whether you believe in reincarnation or not doesn't matter it is inherited pain to a large extent plus the personal enough for your own lifetime there's nobody you could come into this world without suffering pain and so therefore you live with the pain body which is an aspect of the egoic self and as you probably know the pain body for most people is sometimes dormant and sometimes active when it's dormant it's just in the background or you may not notice it at all and all there is of course is still the ego doing its playing its games but at times the pain body arises needing to feed on the experience of further pain so it works in conjunction with the

egoic mind structures it's the emotional field that lives in you as a little emotional entity i saw a nice this film as a character in the lord of the rings that to me is a beautiful image of the pain body a little little devious being and that is really an image of the human pain body the emotional entity that lives in you and is cunning and knows exactly when the right time has come to move to rise into your mind and then the emotion the old emotion in you is looking out through your eyes and that is another thing i've already demonstrated what happens when presence is obscured by identification with thinking the lifelessness that comes now a somewhat different thing happens when presence is obscured by an arising pain body something different than comes through the eyes and not only through the eyes it emanates when it's strong it emanates through every pore of your body and people around you if they have a minimum of a minimum of sensitivity even if you did not utter a word and try to smile they could sense the energy that you are emitting at that moment and it would feel heavy some psychics may even see it visually as dark dark force coming out of you but let's just talk about the eyes when the pain body rises then this raw painful emotion that is looking through your eyes out into the world and it's looking for some feedback of pain who can give me more pain sometimes it will inflict pain so that it can experience a dramatic painful situation or it may provoke someone or a situation so that I get an emotional feedback so it looks and it's cunning it knows it's the right moment to come up and look through your eyes at the world and occasionally you meet people in the street or in a place and they are looking at you and you know there is an active pain body looking at you and it's better not to interact too much with that person unless you are so present that you can stand and look back into the eyes of that person without feeling corresponding emotion you look into the emotion the turmoil of it holding that your feeling sensing your enormous power of presence that ultimately you are and that is like probably what Jesus did who walked around continuously meeting as it's described in the new testament every village he went into every town he went into he meets all these people possessed by evil spirits are there so many people possessed by evil spirits in every town in every village or is that just one way of putting it and his presence was such that he only needed to look and the pain body would shrink so that is possible but if there is not enormous presence in you and you are confronted with the pain body it's better to move away move out of the way don't interact too much because very soon a provocation will happen and then the pain bodies are so clever to getting what they want this is the game played between partners most frequently people two people living together feed my pain bodies the name of the game and so that if ego were not enough pain body amplifies or magnifies the madness of the ego they are they work together they are ultimately one you could say pain body is the emotional aspect of ego so humans live with old pain that periodically needs to experience more pain now recognizing it in others of course is easier than seeing it in yourself you can probably see it in your wife or your husband when it happens now that's already great because then you don't mistake the pain body for who that person is periodically most people who live together as couples will go through their pain body episodes and usually you know it is pain body when a relatively insignificant thing that

one partner says or does provokes an enormous reaction in the other person that means the pain body is using it as an excuse for coming up and once it's taken you over it wants more it doesn't want an end to the pain it doesn't want peace it wants more until it has fulfilled itself for a while taken on enough new energy through the feedback of others or if you are a hermit or live alone the pain body then will have to look to your thoughts to feed on in that case when the pain body awakens suddenly your thinking will turn very negative every thought will say something negative about yourself or about the world or about other people or about the place where you live anything but it's all negative it's all dreadful my life is dreadful people are all dreadful or it may focus on one person that once was in your life and that spoiled the rest just knowing that person spoiled the rest of your life my ex wife my ex husband whoever it may be my mother my father what they did to me and I'm not saying that humans do not do dreadful things to other humans yes they do but is the emotional residue left by something dreadful that somebody did to you once and the memory left by something dreadful that someone once did to you is that going to determine who you feel and think you are is that becoming the foundation for your identity for sense of self do you want to give so much power to an unconscious person that years ago was in your life unconsciousness and make the memory of pain and the feeling of emotional pain into part of who you are how dreadful and yet many humans are so identified with the emotional pain they feel that it's they don't want to let go they feel this is who they are they talk about they may even say I'm a survivor of this or that it's wonderful that you survived this dreadful thing that happened to you in your childhood it's wonderful but to make an identity for yourself out of that limits you enormously what a dreadful limitation for the rest of your life you are a survivor of physical abuse it's you make yourself very small and you say this is my identity and then the resentment or the grievance remains as a thought form in your head that needs to be revived periodically you need to think about what somebody once did to you and then you feel the corresponding old emotion and so people then become so identified with certain thought forms old thought forms the thought form has self in it I am that that thought I am I am the grievance I am the resentment the resentment is an essential part then of the ego so some egos consist they are they don't they consist of many different things that you identify with there are some egos that consist 80% of one chunk of memory or emotion one huge grievance that has taken hold of your mind and wants to stay there for the rest of your life so we all meet people like that and again if you see it in yourself it may not some of you may have a little bit of that also I am just describing the more extreme forms that are also quite common and if this should be the case for some of you you may notice somebody is getting angry at hearing this because the identity is being threatened who is angry you or the egoic identity that feels threatened and if you can bring awareness to that you can see it and become the one who sees and feels the emotion in you so that the emotion itself is not denied or repressed but it is becoming depersonalized you are no longer deriving your sense of self from it the pain body when you notice it in yourself that emotional pain is it's very important as you feel it to be very alert and to sense not only the pain but also the one

who is feeling it the looking at it the awareness through which you can feel the pain body the power of attention that is there the light that is shining on the pain in you so if you wake up in the middle of the night in emotional turmoil the emotion will want to survive in you as long as possible and use your brain to renew itself through your thinking every thought is an energy field that can feed the emotion the old emotion and then the mind becomes hyperactive and you don't know that you are feeding through your thinking the negative thoughts feeding the old emotion and people can be stuck in that for a long time so if that happens you wake up at night emotional turmoil be there in the body start by feeling your hands or arms the inner aliveness use that as an anchor for presence and continue to feel the turmoil that you feel perhaps in your chest area or belly area and watch feel it and feel also the power of attention that is the light shining on it you don't need to think thoughts about it it is unnecessary you can just look in the same way you can just look at a fruit on apple you hold it there and you look and you can also look internally and feel what you feel and realize that you are the light that is shining on it on this little movement of energy it doesn't like the light shining on it which means it doesn't like to be made conscious because it lives only as long as you are unconscious of it only if it can pretend to be you can it continue to revive to renew itself through you so that's beautiful practice and then the pain body is no longer renewing itself and all it has then is its old momentum and every time it comes up and is recognized it loses some of its energy charge and that energy charge in the pain body is not lost really it becomes transmuted because it was trapped energy that couldn't get out held in and then it becomes transmuted and the image that I would use to compare it to is like a block of ice that the sun shines on it and then it becomes freed so as the energy that was trapped in the emotional pain body is freed through simply watching it then there is much greater energy in you that provides a sense of aliveness grows in you because the aliveness was trapped in here in a low frequency vibration and then it's freed and it goes

[Speaker 3] (1:28:25 - 1:28:25)

ah

[Speaker 1] (1:28:27 - 1:54:20)

and so it's because it is often people with heavy pain bodies that are suddenly make the fastest progress on the spiritual path because it's too painful there's it's pain is an enormous incentive for becoming conscious until you have the direct means of becoming conscious in the absence of any spiritual teaching or teacher pain is great life does that life gives you pain it's part of living as a form identity so pain pushes you everyone here nobody here would be here if they hadn't had the pain that they did have and certainly I wouldn't be here if I hadn't had a heavy pain body so heavy that I couldn't live with it anymore and something had to give and then you realize you reach a critical point where the pain ceases to be your spiritual teacher but it's brought you to this point that's great it's worked it worked no matter what pain you suffered you're here now you're not

watching TV or whatever playing video games so it's brought you here it's I'm enormously grateful for the pain my pain because the inner transformation would never have happened if I had had a comfortable pain body that I could live with it would just mean okay every two weeks I get a mood or I throw something at my wife or whatever but not so bad and then after a few hours I get out of it again but a pain body that wakes you up every night and you're actually shaking in agony of fear a pain body that makes the whole world appear like a that almost as Jean-Paul Sartre once described in a book nausea the whole world gives you nausea makes you feel sick that's hard to live with we're all back well most of us are back and reentering in case we lost it temporarily the present moment of course you can't lose it you can be lost to it but you can't lose it because that's all there is but it becomes obscured the bell is the awakening into now and the bell for you can be any form of suffering that arises in your life little or small let it let it push you back into presence some forms of suffering don't look like suffering on the surface anger while the ego is angry it loves the anger it doesn't look like suffering at all but if you could examine what happens to the body the physical body while that is happening you would see that it affects many functions of the body the body suffers when there's anger but the ego loves it as you know to say don't be angry anymore that doesn't work but to recognize anger as an egoic reaction and to watch it when it happens that brings consciousness to it feel the energy of it we may have some questions one or two questions somebody just gave me written question I'm a woman a widow and I had a very fulfilling love relation to a married man during eight and a half years who was very lonely and unhappy with his wife the only wish he had was to live with me but he felt too much responsible for the care of his wife as he could not find his way in this situation he killed himself five weeks ago how can I find peace in the moment of now and get power from the moment of now it takes a long time to leave the emotions it seems that you loved this man what you loved was not the flesh and bones that are no more or in the process of decay now when there is true love there is always the unseen that which loves in you that which you love is a recognition of yourself in the other and the other in yourself recognition of oneness the flesh and bones and also the story that in many cases is a tragic one in many people's lives neither the flesh and bones nor the story of our life situation is destined to survive and most stories don't ever really work themselves out it seems when somebody dies too soon or in the middle of a seemingly unfinished situation or when a child dies or somebody dies through an act of violence by the hands of someone else or by his or her own hands through suicide it makes it a little harder to accept for those left behind but the human form is very fragile there's no guarantee that any one of us in as this physical form is going to make it even to the rest of this day the end of this day when you love someone not the egoic sense of love that always wants something that always wants to use the other but when there's true love I recommend if there's someone in your life that you love that sometimes you look at that person or if that person is not with you you look at a photo of that person and feel the love arising and when you feel it fully close your eyes and let go of the image of the form of the other person and only feel that love inseparable from your

being and then the other not in form is also present there because that which you feel is that which is the answer the underlying oneness between what seems like different human beings millions of human beings most of us can only recognize the underlying oneness in a few one or two individuals in their lives with increasing consciousness comes the ability which is beautiful to recognize the underlying oneness in every human being that you meet and that recognition is love and it is ultimately nothing to do with the form of that person the physical form or the external life situation the story the often unhappy story that a person is trapped in it goes beyond that the forms already are always destined to dissolve so there is a reality there that is timeless in every human being a timeless essence that is formless and timeless love is the recognition of that essence in the other through your own if you can love at all there must be even though you may still have an ego the ego it must mean there is an opening in the egoic structure through which reality can shine and it's only through that opening in the egoic structures true love can appear so if you love that being feel that love in yourself and feel the presence of the other ultimately not separate from who you are so shortly after the sudden death of a human being it is inevitable that some sadness will come in waves and that is simply something to be acknowledged and accepted when the sadness comes and after somebody has died in the weeks after that days weeks sometimes months you feel waves of sadness coming and then leaving you again and then coming back and when that happens surrender to the sadness that you feel and if you have to weep allow yourself to weep focus even attention on what you feel and surrender it completely surrender to that when you surrender to sadness accept that it's there don't feel I shouldn't be sad or this shouldn't have happened this surrender means there's no arguing with this moment and this deep sadness you may find when there's true surrender to sadness that there's peace underneath it one could almost say you see the other side of sadness as peace it turns around and you can be weeping and feel inner peace at the same time the weeping is to do with the form that has dissolved and when the acceptance of that is there the inner peace is to do with the recognition that life that is the essence of each human being does not die events happen that seem meaningless you do not understand why this should have happened especially when someone commits suicide or dies violently or prematurely or when a child dies it doesn't make sense and there are events that we cannot figure out through the mind why they took place but everything that happens strangely has its place within the totality of things no event is separate from the totality and even seemingly senseless events have their place within the totality of things everything is connected and once you can accept that you don't try to find some explanation work out in your mind to make you feel better work something out and this is not what I want to give you here work out some explanation in the mind that gives you some consolation it's more it needs to be something real and the answer is in the love that you felt and if you don't mistake the love for the form of the person can still feel now that is real and now that this is springtime look at the flowers the blossoms and feel that that too is an expression of love and then close your eyes because those flowers and blossoms are not going to stay around for that long either all

human beings are expressions of the one the one life the one consciousness assuming temporarily a physical form and then perhaps a little longer another form that is non physical or if you believe I don't want to put any idea in your head it's irrelevant whether you even believe in reincarnation or not but just to see that there's more to me than the flesh and bones there's more to you than the flesh and bones that seems clear you can find your loved one in every flower that you look at one more question on the piece of paper and then there may be some questions that some people may want to ask do you accept people as disciples well you may know the nice beautiful eastern saying I don't remember whether it is from sufism or some other eastern tradition the teacher and the taught together produce a teaching the words that are being spoken here could not be spoken if you were not sitting there this event is one event one phenomenon that arises I do not see myself as a teacher it is not an identity simply a temporary function it looks as if this form were a teacher it's not quite right depending on how you want to use words from a more superficial level you could say anybody who reads the power of now is a disciple but that's a conceptual thing that wouldn't be very helpful at the moment the teaching happens in this way there are no disciples as such and it is spreading to many thousands of people what form the teaching will take at any time I don't know everything is continuously changing if ever the form changes and I work with just a few people for a certain period of time I'll let you know at the moment this is the only form that the teaching takes that's all I know if there are any questions before anybody asks questions just a little reminder if possible ask questions that are vital and alive a vital and alive question concerns perhaps yourself or somebody close to you but that is your self it's something that is that you truly need or want to know a non-vital question is an abstract mental question such as do the people on mars have pain bodies or your concept of this or that doesn't quite agree with what I've read somewhere else so those are questions that are not truly alive the mind likes to play around or be right or say this is in an exact contradiction to the ancient scripture so such and such could be if one looks at the surface of things things are full of contradictions if you only look at the form every religion seems to be totally different if you look a little deeper it's all one so please I don't know where the microphones are there must be somewhere

[Speaker 3] (1:54:39 - 1:54:40)

hello

[Speaker 1] (1:54:41 - 1:54:41)

hello

[Speaker 3] (1:54:42 - 1:55:41)

my name is Margaret and I have one situation what I would like to tell last night after your teaching I came home cold tired hungry etc and I fixed it this morning I woke up with this terrible headache which is familiar to me and the name is migraine what I did

because I wanted to be here again today what I did was I took a lot of medication which was effective so now I am here but my question is I asked myself if this is the most effective way that I am dealing with it and maybe I would like to hear your view on this problem which is happening more often in my life

[Speaker 1] (1:55:41 - 1:55:43)

thank you

[Speaker 3] (1:55:43 - 1:55:44)

am I expressing myself clearly

[Speaker 1] (1:55:44 - 2:14:33)

yes thank you many recurring forms of pain or illness tend to disappear as you bring more presence into your life there may be a number of reasons why these migraines appear but there could be a pressure of something that is not yet been fully lived there could be pressure of unexpressed emotions it could be as some forms of pain are actually physical manifestations of the pain body the pain body can manifest itself also as a physical symptom so the quickest way to heal your body is to bring as much consciousness as possible into the body to give as much attention as possible conscious attention to the body and that is the practice of inner body awareness so you feel the aliveness that is in the body and in that bringing consciousness in that may also sometimes activate a dormant pain body there are some pain bodies that hardly ever express themselves and only manifest as physical symptoms and they thrive on your reaction against those physical symptoms that's what they live on because they need some kind of food so as you bring more consciousness into the body you may encounter suddenly certain emotions arising inside you that you didn't know were there the pain body you're shining the light on the hiding pain body that is the case with many people I'm only suggesting that as a possibility there are other reasons why such pains can be there including even a very rapid transmutation of your entire being there was a physical teacher there was a spiritual teacher called Krishna Murti who for many years suffered extreme pain in the head almost every day to the point of unconsciousness falling unconscious and nobody even he did not know why he never saw a doctor about it he knew that the doctor in his case would not have the answer but he believed it was a kind of transmutation that was happening to him and he said sometimes they are working on me no matter what the actual cause is I believe it will either disappear the condition will disappear or the cause for the condition will reveal itself and then become transmuted as you bring more consciousness into yourself in the meantime you may occasionally need to take some medication pressure of something unexpressed is often the case of migraine headaches but not necessarily it may well be that you never find the answer of where it comes from and yet it may suddenly dissipate in the meantime while the pain is there and not just that pain any kind of physical pain it is your job to surrender to the

fact that right now it's there and I have met people for whom physical pain became a teacher I have met some people who suffered pain for years almost constant physical pain and one or two people I met they had never heard of any spiritual teaching they had never read a spiritual book but what happened to them when I met them I saw they were intensely alive and they were still in pain and yet something had happened I recognized the pain that was going on for years eventually drove them into surrender very hard to surrender to physical pain but it drove them to surrender and it eroded their ego because in surrender the ego dissipates the ego can only exist in the state of non-surrender we could even say the ego is the state of non-surrender and so some people were driven to surrender by physical pain and few others I met by having a so called incurable condition and some people through surrender became cured quite frequently that happens I read some years ago a book written by a doctor about healing and he found the greatest number of healing happened in those people who were not those people who internally considered the illness as an enemy but who came to an acceptance of their condition a deep acceptance and that was the state he found through research that it was most likely to lead to a healing that acceptance my father is 86 now and he's a strange person I love him dearly and one of his characteristics he's always refused to see a doctor and he's always had aches and pains nothing too acute but quite a few things that were with him for years certain pains ear some head bones and a number of symptoms that would be there with him always and people said you have to see a doctor about this and that was one area of his life where he early on in his life learned to surrender in other areas he still has a big ego but in that area he had this wonderful thought that came to him he said I live in pacific coexistence with my illnesses and he said if I attack one of these illnesses a greater one will develop so that was I'm not giving as a recipe for everybody not to see a doctor bringing awareness into the body is essential in any case that is always absolutely essential if you have a pain when you go home from here if something happens in the next day today or tonight or in the next few days and you experience a pain that you have not had before or rarely have then it could have something to do with being here and an inner change happening I know that some people who have fairly heavy pain bodies and are now very present with their pain bodies that means the pain body tries to come up and not that presence ever pushes the emotional pain down it never does that presence simply looks at it but when a pain body needs to come up and he finds that you are very present and you immediately detect it it will shrink back it will go oh and then it will lie in a little corner and wait for a better opportunity and you think it's asleep it's not there at all but it's very much like when a cat is asleep the cat is never really totally asleep and that's an amazing thing if you watch a cat it knows any kind of noise you can make and it will go but the slightest thing an unusual noise a little tapping that is could be a little animal walking past or and suddenly you know there's always some something in the cat is always awake because there could be a mouse there something in the pain body it's always like this and then it waits for an opportunity and an opportunity for pain body to arise in a moment of less presence in you could be when you're suddenly for example

you're upset in a situation you're just fed up with the what somebody is doing or the traffic isn't moving and there's a moment of reaction and the pain body will go ah there's my chance and suddenly the reaction will become magnified and from being an irritation with the traffic will quickly turn into how dreadful my life is anyway what and a huge stream of negative thinking what did it all start with a little upset about the traffic and the pain body and there was there waiting another opportunity for pain bodies to watch bad films where violent things happen and of course those films are made by pain bodies the script writer it's written through the script writer's pain body the producer has a heavy pain body and the people who pay money to watch these dreadful things are paying money to feed their pain bodies while they watch and they love feeling bad they pay money to feel bad and some almost advertise it this film will make you feel really bad and all the pain bodies running to the box office thus is the state of our society our civilization so when you're very present the pain body may want to wait and if there's very little opportunity after a while the pain body almost says this is not I can't renew myself in this way anymore if the pain body doesn't actually think but it has an intelligence there and then it sometimes happens that it produces physical symptoms in people who before didn't have them usually not serious it's pain here back pain there this that headache and aches and pains and suddenly there are people sometimes who sit in our intensives and who suddenly experience some extreme physical pain they haven't had before can't sit anymore and can't pay attention anymore I need to get out of here the pain body wants you to get out of here and because there's too much presence here it's the only way it can do that is by creating some physical pain now pain bodies can also create illness and they sometimes do and that is usually in people in whom the pain body does not have a chance to express itself in their everyday life and those would be people for example who repress their emotions because they conflict with the self image that they have it has happened in the past with Christians some Christians who misunderstood the deeper truth of the Christian teaching which is beautiful but they misunderstood and they tried to live up to an image of myself as a good Christian who cannot who just does not do certain things a good Christian loves his neighbor he doesn't get mad at his neighbor so I can't allow myself because it would conflict with my self image to be angry with somebody close to me my children my wife and so I can't afford myself to express these emotions I need to they need to be pushed down because I I'm living an image which is an egoic thing to do I'm living this image of myself as a good Christian because that is sin and so then after a few years the pain body is being pushed down and down and finally a serious illness develops the emotion has created the unexpressed emotion has created a serious illness and then that makes me unhappy and then the pain body has something to feed on so it's better to than to repress is to express if you have to but be there while it happens be there as long as it happens see if you can be there as the watcher of what happens be there as the watcher of your pain body when it happens a marvelous thing to do never misunderstand this teaching and try to okay I mustn't have a I can feel something coming on I mustn't have a pain body attack I must remain present and then you notice the body gets tight and

will power comes in meditation this is sometimes what you do when westerners meditate meditation of course is surrender to what is there's only the now that's all that meditation is about to show you that this moment is all there is and so that it's all about the surrender and then you can see even eastern people even buddhist monks I'm impressed they say oh they sit there they can sit for 3 hours wow what an achievement and there's a boiling there's a lid on a boiling kettle and should the door open while they meditate and the child or the wife comes in leave me alone I'm meditating another question

[Speaker 2] (2:14:38 - 2:14:49)

my name is Purnima and I want to ask if you can speak a little bit about forgiving forgiveness something I find very difficult and in the light of your teachings

[Speaker 1] (2:14:51 - 2:29:03)

yes thank you non forgiveness is there when you mistake human unconsciousness for a person when you make an identity for someone and this is what the mind does when you make an identity for someone out of the movement of human unconsciousness when what somebody did once to you or to someone else or to large numbers of people somebody injured someone inflicted violence on someone showed cruelty perhaps your father your mother whoever it may be there's a temptation there is the tendency for the mind to make an identity out of that whereas all such actions they look as if somebody there knew what they were doing but all such actions are expressions of human unconsciousness the expressions of the collective ego expressing itself through one so called person and the expressions of the pain body which also is not personal it is human pain so it's only when you mistake that the expression of human pain as violence or cruelty or the expression of the human ego with its absurd needs to use others to enhance itself to make itself stronger when you mistake what is collective a collective state of humanity you mistake that for an identity then you create a perpetrator somebody who did something and that is a mind made identity for someone and of course then you have it is impossible to forgive when you believe that there is actually an identity behind what was being done there is someone there whose identity it is to be responsible for that now the question arises so what does that mean is nobody responsible for what they do this can't be right is no human being responsible for what they do for the evil that we see in the world the cruelty ultimately no and yet all human beings suffer the consequences of their unconsciousness whoever manifests unconscious behavior will experience further unconsciousness from others it's called karma so you suffer the consequences and in the process of that pain arises you inflict pain and you suffer pain it's what all humans in life what humanity in life has been doing inflicting pain receiving pain in varying degrees and in that process that looks pretty mad out of that occasionally here and there somebody woke up out of that cycle and recognized the fact that when such things are being done ultimately there's nobody

there doing it it's unconsciousness when you see that compassion arises compassion even with the one who became the instrument of unconsciousness compassion with yourself because the equivalent of non-forgiveness towards another is to harbor feelings of guilt in yourself and both are very strong in the egoic mind if you cannot forgive yourself that is very similar of course to not being able to forgive another you are making an identity for yourself out of something that you did because you didn't know any better which is a colloquial way of saying you were not conscious enough to know better so there are some people who there are parents now who think back and say I made dreadful mistakes when I brought up my children I am guilty of that you didn't know what you were doing you acted according to your conditioning you acted out your conditioning and this is what people do in the same family for generations and generations one generation after another acts out the same conditioning there are people in America now whose families immigrated three generations ago from somewhere in Europe and the dysfunction the particular kind of egoic dysfunction in that family may go back to Roman times two thousand three thousand years and it's a cycle the parents teach the children the same particular kind of unconscious dysfunction because unconscious can take different forms often it's violence it can be other forms cruelty using others whatever it may be and so you can see the same thing handed down from parent to children they grow up they do the same to their children until finally one person is there who wakes up and sees it for what it is and so forgiveness happens by itself when you recognize that none of that is personal it's it is something to do with the evolutionary stage of humanity and you happen to be here on this planet somehow you ended up here on this in many ways mad planet as far as humanity is concerned also potentially paradise as far as the planet itself is concerned paradise in many ways potentially and you happen to be here in the midst of considerable unconsciousness so you cannot try to forgive it's not possible unless you look through the form that this unconsciousness took you recognize it as not nobody there ultimately then forgiveness happens automatically but there is something in the egoic mind that doesn't want to let go of a grievance or a resentment and that's another aspect there is something in here because resentment or grievance is very powerful ego food there are some egos that keep themselves alive through one big grievance one big resentment that I have harbored for years and in other areas the person may be engaged in spiritual work and experience states of presence experience peace and yet there is something hanging on in there in here and what it's hanging on to is my this big resentment and the ego is enough one big resentment is enough to keep the ego going and that's why it's got its teeth in that thought form that thought form is there and says I'm not going away I am you I'm who you are and so there's a reluctance even once you see the unconsciousness it's not personal you can still feel there's something in here that says no no I'm hanging on to this grievance I'm not letting go I've had it for years all those years are going to be wasted and then you see that and the seeing seeing means you have already one foot out of it and then once you see it for what it is it will change it's whatever you bring consciousness to will become transmuted and what you bring consciousness to that is

false in you a false identification will dissolve if anything you bring consciousness to that is real deepens that's the beauty of it so two levels here to work to become aware of as far as forgiveness is concerned recognize it for what it is and see in yourself perhaps the reluctance even though you have already recognized that ultimately it's human unconsciousness no more than that and it's been going on for thousands and thousands of years millions of humans inflicting acts of cruelty on others it's going and it's going on even now in varying degrees the unconsciousness varies from person to person the roots of it are in everyone so you recognize that and then level 2 is observing in yourself that something in there does not want to let go and then say oh isn't that interesting and watch it it even has a feeling quality to it there is an accompaniment of an accompanying emotion perhaps that reflects that thought it's become an identity it's become an identity I don't want to lose my identity I'm hanging on in here but once you see it it won't survive for very long because it needs your unconsciousness to survive and so the beautiful words of Jesus he actually tells us why we should forgive it's all there forgive them for they know not what they do he not only tells you that you should forgive he tells you why a modern Jesus would have said they are completely unconscious that would be the modern translation of for they know not what they do another question

[Speaker 2] (2:29:04 - 2:29:42)

thank you I'm Sasha I would like to ask a question the pain

[Speaker 1] (2:29:44 - 2:37:39)

good good thank you you have to watch in yourself to see if the crying is associated with a story that goes through your head perhaps an old one it is possible that the crying happens as soon as the story replaces itself in your head of something that happened or something that never happened but should have happened who knows what the story is there is the crying could be something that I never got but deserved or should have had life passed me by that is a big one a usual one for many people I am missing out it is too late now I didn't make it or there may be the crying because of something that happened once an event and it is being replayed and as long as you are in the story in your head the emotions are there and the two work together you are not observing the emotion you are mainly fueling the emotion and the emotion is giving further energy to the story when you watch directly you feel the emotion itself sadness whatever it may be and watching implies that of course you allow it to be if it is there you cannot fully watch it if you are not happy with what is there you are not really watching it it is just there it is and you are watching and if that is how you are watching it and if then it stops that means simply that the emotion is being dissipated through your presence there is no repression here if you are truly watching the moment you look at it it stops that is possible that means the emotion may have been long-standing but not as deep as a pain body and then simply by separating cutting the link between the story and the emotion

you have already done the most important thing and this cutting sounds almost violent you don't have to do anything to cut it but simply recognize the connection between the story and the feeling so you could think about if somebody died some years ago or some months ago or somebody left you or whatever it may be and that is the story that creates the emotion and then you dismiss the story and pay more attention to what you feel and then it may dissipate very quickly when you just give it attention and don't fuel it anymore and then suddenly there is peace underneath it so that may be happening to you and then the same mind thing may come in again and then the same you watch again pay more attention to what you feel than what you think I mean you know full well that it's those thoughts that create the emotion and so certain thoughts in the head have their own momentum too and some thoughts get lodged many thoughts pass through like clouds but there are other thoughts that stay in there they find a little corner in your mind and say okay I live here and I'm not going to go away and periodically the same kind of thought comes and creates the same kind of emotions and they just won't go away they're refusing to go away and it can also happen that one big thought obliterates most of your mind and that is almost regarded as pathological but even within a normal human being it can happen that thoughts can become obsessive and those are the recurring thoughts that say I'm not going anywhere and come back again and again what do you do with that watch the thought be there as the mind gets into your body so that you can sense yourself as the underlying presence then your mind becomes a ripple phenomenon you are the ocean or the deep lake that's here the depths of who and the deep in the depths the ocean or the deep is still on the surface there's a wave movement that's your mind so if you are rooted in yourself the movement of the mind can't drag you along with it totally you're here and then you just watch the movement and then it calms down because you're not identifying with each thought and that would even be the case in people who would be regarded as clinically insane for example people who have who hear voices which is no more than the normal voices that you hear in the head that everybody hears as their own thought processes some people hear them as auditory things auditory comments and that is usually regarded as insane if you cannot be drawn into what the voice says and this applies both to the pathological condition of hearing actual voices and to the normal condition of simply having the voice in your head which are your own thoughts if you can be there as the witness then they don't have power over you instead of being drawn in totally or reacting to them which creates further thoughts the in the film a beautiful mind which some of you may have seen which is about a scientist a brilliant scientist who goes mad and sees people that don't exist in his life he has these hallucinations everything they look very real but they don't exist but they're just right there in front of him he doesn't know it he thinks they're all real and the viewer of the film cleverly also thinks they're real until the moment he realizes that he's insane that these people are not actually there at that moment the viewer also realizes it but the important thing here for this character that is the beginning of his healing when an awareness arises so he doesn't need to react anymore he recognizes it as not real he knows he's mad and anybody who knows they're mad are

not completely mad anymore the really mad people don't know that they're mad and many humans don't know that they're mad of course is there another question oh there yeah

[Speaker 2] (2:37:39 - 2:38:16)

thank you hello my name is Lotte I would like to know something about the effect that this process transformation into consciousness has on your old relationships friendships because I really feel it's difficult to be that compassionate tolerant open minded person that I feel I am when I'm alone but that's easy so I feel even that I get less tolerant and less um patient with people around me

[Speaker 1] (2:38:16 - 2:52:29)

thank you thank you yeah yes I this is sometimes what not infrequently do I hear that and somebody else asked a very similar question not long ago when she said I can be very spiritual when I sit alone in my room but the moment I go out and meet people it's gone now your question may not be quite as extreme but there's something similar here of course the ultimate challenge are people when you are alone with yourself some people find it it's considerably easier to be present when you're out in nature which doesn't mean not everybody's present when they're alone some are totally in their mind too but it's probably yes it is easier there and so really the most challenging thing in your spiritual evolution is other people and it reminds me of I believe Jean-Paul Sartre who said hell is other people or literally translated hell is the others and so yes humans are very challenging and you lose patience with them and think why can't you be more conscious why you have to act out this is same kind of stuff with your friends your acquaintances your family that's perhaps the most difficult for many people because the more past you share with a person the more difficult it sometimes seems to stay present when you're together with them so for some people the ultimate test is being with their when they're grown up visiting their parents and this is why Ram Dass made the famous statement if you think you're so enlightened go and spend two weeks with your parents so observing in your case be more interested in your reactions than in what seems to cause your reactions so if people's behavior causes your reactions or seems to pay more attention to the reaction itself what the mind is saying or what the emotion is expressing it sometimes happens that people who are evolving spiritually quickly they find sometimes that they don't enjoy being with their old friends anymore they don't enjoy participating in what they loved before for example getting together to gossip about others and that was so enjoyable for years gossip is a favorite ego one of the activities of the ego that the ego loves because whenever you can criticize somebody you can feel superior you feel more yourself more deluded of course but that's how the ego works so for years you loved gossiping and suddenly it's so empty and you think why are they doing that and suddenly you don't contribute anymore and you just sit there and at dinner parties where you used to tell your exaggerated story to make people laugh you

exaggerated every story just an example and everybody loved inviting you to their dinner parties because they loved your so entertaining the way you exaggerated what people said or did and suddenly you don't want to do that anymore and then people say what's happened to you you've become so boring and it may be that you don't take part in the drinking sessions anymore like to get drunk together and feel free liberated and it does happen sometimes as you evolve quickly some people around you don't want to see you anymore and others in other cases you don't want to see them anymore but it also happens that people around you become affected by the change in you without you wanting them to change they notice something in you and then suddenly they also become interested they may ask you one or two questions and you may notice or not even that their behavior changes simply because they are around you simply because the old games are not working anymore sometimes between two people two old friends the same type of interaction develops but condition patterns that have been operating for years both are playing a kind of role and let's call it their friendship they play this one plays this role the other compliments it with that role and they play it out twice a week they meet and they are their game and suddenly you don't play anymore and then of course the other person's role collapses because it needs to feed the role what's going on and then either they will leave you or a change will happen in the other person but if you are reacting to perhaps what is unconsciousness in others that before perhaps you didn't react to because you were part of it then that is also still a form of ego in you that's the awareness that you have of others you have it for a moment and then it becomes a judgment so there is presence for a moment where you see oh they are completely stuck in their old behavior you see that the stuckness but it doesn't remain a seeing the seeing the the presence is lost and then the mind turns it into a judgment and then the reaction comes allow the people as long as they are around you and they can only be around you at this moment so they are part of the form that this moment takes if you are with them why not accept the way they are at this moment what else can you do you become unhappy otherwise so you bring an acceptance to whatever they do with that comes a compassion allow other humans their unconsciousness allow them as long as they manifest unconsciousness by getting angry about their unconsciousness nothing is changed in fact you turn unconscious yourself for god sake wake up why can't you be more conscious and of course what the ego is going to reply is you talk to me about consciousness look at yourself and the cycle starts again or they tell you what's this airy fairy stuff about consciousness what's happened to you you've gone are you on drugs or something so as long as these people are there in front of you in the moment that's the isness of this moment nobody can act beyond their level of consciousness although a few try and the wonderful thing is change in others happens most when you no longer need them to change their behaviour when the expectations that they should behave in a certain way is dropped and in that way even old standing relationships like with your parents become healed and become whole again when the expectation that your father or your mother should behave in a certain way towards you is dropped when the expectation that your father or your mother should understand you is dropped because

there we have the gap between what I want why can't you understand me what difference does it ultimately make to you whether this person understands you or not none what is added to you if your father or mother understand you do you become a more fulfilled no nothing really so when that demand that demand is dropped that they should behave differently they should know better should understand me they should accept me I want them to accept me yeah but they don't and there you have the gap between I want and what is and strangely all those demands and all that fruitless wanting is actually fuel for more unconscious reactions in you towards them so you're back in unconsciousness and see what happens if you don't make demands that people should behave differently from the behave they behave at this moment this doesn't mean you cannot tell a child don't walk there you might fall off come here these are practical matters not talking about that so bring acceptance to whatever behavior they manifest and see you may be surprised especially in your relationship with long standing relationships a change is when you don't need them to change anymore to make you happy when you don't need those people parents whoever to change anymore to make you happy then very often it's almost a miracle change happens in them and suddenly they are more open and when you didn't need them to understand you anymore suddenly there is an openness and they ask questions about your life whereas before all they could do was criticize and all you could do was react against their criticism and get upset and every meeting every time you visited them it would end in that way it's amazing how in long standing relationships people almost go there when they meet with their scripts as if they were reading their scripts and every time they go they have to act out the same script and in the end they get angry and doors are slammed and of course it's in the script perhaps one or two more questions

[Speaker 2] (2:52:32 - 2:53:28)

hello my name is lucy and i have a question for you um i'm thinking of the suffering of so many animals and i can somehow deal with my own pain my own fears but i'm shocked and infuriated when i see that millions maybe billions of um innocent animals are slaughtered or exploited by human race um nothing triggers my pain body as much as that and um then i think what can i do about it but most of the time it doesn't make any difference now i would like to ask you please enlighten me what what can i how can i handle it how can i deal with it

[Speaker 1] (2:53:28 - 2:53:29)

thank you

[Speaker 2] (2:53:29 - 2:53:30)

thank you

[Speaker 1] (2:53:30 - 3:03:03)

thank you it is true that what humans are doing to animals in factory farms where living beings are treated as objects shows extreme unconsciousness and in such situations there's always the external level and there's the inner level the primary level is the inner so that whatever you do does not come out of a deeply negative inner state because any action because sometimes action may be needed but be careful that action does not flow out of a deeply negative inner state so how can you not feel negative about that and this is not to be seen perhaps in isolation it is to be seen within the totality of what human beings are doing to other life forms on the planet to nature and to themselves to other humans they are also doing it to humans 20th century I believe more than a hundred million human beings were killed violently so at this very moment on the planet all this is happening humans are killing other humans humans are killing animals and treating animals as if they were inanimate objects simply for profit for greed for more which is the ego the greed of the collective human ego and the ego doesn't see what it is doing when it destroys the forests which perhaps are the very basis for life on the planet there again when an ego looks at a forest when in other words what does it mean an ego an ego sees is the human mind the ego is thought and to look through abstract thought it's something looking at an animal or a tree and you look at it through thought and thought will evaluate what it sees according to its form and what it can get out of it the tree will get a price put on it or at best you cut it into little pieces and examine it to find out how it works that's what the human mind does I'm not saying no more science but we have the tendency of the human mind is to do to make lifeless what it falls upon if there's nothing else in you except thought and you approach reality only through thought whatever you perceive only through the screen of thought you're going to make lifeless in other words thought cannot sense the life that is there thought cannot sense the holiness the sacredness that is in every life form because thought is an abstraction so all humans who are trapped in their heads and that's all especially those who run the big businesses but everybody to some extent is trapped politicians and so on I'm not saying there's one category of human that is worse than others but they see only what has become made lifeless through their mind and so through the dimension of being is missing and they don't know what they are doing when they kill life on the planet because they've already killed it they've killed the feeling of their own aliveness because they live exclusively in a conceptualised sense of self an egoic sense of self the ability to sense to feel the deeper being that is the sacredness of life in every life form is not there they don't find it in themselves the sacred stillness the sacred space that is within and if you don't find it in yourself you haven't touched it because you're totally in the mind movement you cannot recognise the sacredness in others so humans are suffering from a form of mental illness collective mental illness which is to be trapped exclusively in the upper floor of your being and so this is the closest perhaps if you want to use words that you can express the truth of this is to say that when humans engage in such behaviour they are simply manifesting a form of collective illness mental illness for hundreds of years Zen Buddhism actually has occasionally used that word the sickness of the mind use that expression the dysfunction of the illness of humanity which is such

that they will destroy themselves if it doesn't change so you have to see that cruelty within the context of the whole which is the illness of humanity and when you see it as illness perhaps a little bit of almost compassion arises it doesn't make it less dreadful what is happening but perhaps when you see it as an illness there is no longer the need in you to make these the people who do this into those who are considered as evil that always we have to come back to Jesus they don't know what they are doing they don't know what they are doing and then you can still you will feel sad of course you will when you watch that you will feel the sadness and you can accept that you feel very deeply affected by what you see but when you see it in the larger context of human illness you may be able to be free of anger and if that is the case then you may be able to take also some action on the external level and the only action or the most useful action is not to try and convince people that what they are doing is wrong but simply to show them what they are doing because not enough people have seen it simply to show what is happening show them through disseminating information or whatever and many humans will be shocked many haven't really seen what's happening and anybody who is not totally trapped in their minds will feel something and there may be change coming but the true change happens through enough human beings to go through this inner transformation not until then will the collective illness on the planet become healed and our gathering here is part of that maybe one last question

[Speaker 3] (3:03:04 - 3:03:43)

good afternoon my name is Marianne thank you for being here I read in your book the power of now that women can be especially vulnerable to their pain bodies just before their menstrual period I recognize that and somehow I feel that it is not only my personal pain body it's bigger than that it also relates I think to the question that was just asked but could you please say something more about

[Speaker 1] (3:03:43 - 3:13:43)

that yes what you feel there is the I've spoke before of collective aspects of the pain body we mentioned countries and so on and there's also such a thing as the female collective pain body because we've lived in mainly patriarchal societies for several thousand years before then there were women where the female was respected greatly there were even there were matriarchal societies there was a time when most gods were goddesses they were female and then as humans moved more and more into their minds they created male gods more and more and then the female became more and more devalued and so because of violence inflicted on female on countless women who were over the centuries were treated as slaves sometimes sold treated as goods almost and so not not respected raped killed used exploited of course that happened also men they also did it to groups of men but talking at the moment just from that aspect so something that we could call the female collective pain body developed and that's the many women's pain body most probably all women's pain body is partly collective and

so it's when your womanhood manifests itself most clearly it's through menstruation which should be a joyful time that tends to activate the collective woman pain body in women and many women are now conscious of that and actually become more alert when it happens because what how much of your pain body as a woman goes back to your personal pain and what portion of it is due to the collective female pain body ultimately doesn't matter when it arises and you begin to observe it you begin to become conscious of it and many women are now working in that way and are actually becoming more conscious at that time because they know they need to become more alert just as the time approaches they already know okay and then they may feel the first movement as a reaction as a thought as an emotion and then it depends on what level you can catch it with your attention you no longer need you don't need to question when you observe it in yourself is what I'm feeling now collective or personal it doesn't matter from the perspective of consciousness it's enough for you to look you don't need to know know its origin this applies to any kind of emotion that arises in you not just in this context for it to be transmuted and dissolved you do not need to know its origin although sometimes its origin will reveal itself to you as you pay attention to it but many things that are inside humans many emotions have their origin in at almost at the very beginning when you still lived in the sea perhaps and you got eaten up five million times that was already a form of pain so the it goes back sometimes you cannot trace it back and at other times it will suddenly see oh that's where it came from that's fine so allow the origin to reveal itself if it wants to reveal itself for the process to work it is not necessary for the origin to reveal itself although it is nice when it does so all that is required is your conscious presence as the emotional field becomes activated and if possible don't allow it to rise into your thinking once it gets hold of that then it's more difficult to be present you may need little reminders it really is like and not just in this context the female pain body any manifestation of pain body is really like going to sleep acting out a dream you may need little reminders as if you were going into a dream sometimes you see strange films like that and in the dream you could have a reminder that you are dreaming so you could put little reminders in your home so that when you walk into the bathroom you can have a face that looks like you know the masks the traditional masks for theatre comedy and tragedy one mouth goes up one mouth goes down you can have one with the mouth down and have a question mark pain body as a little sign to watch because you may be immersed in pain body so you walk into your bed into your bathroom and on the mirror you see that image with the question mark and then you oh it might wake you up there's no guarantee that it will another possibility is you will tear it down I don't want to hear any more of that nonsense about pain body sometimes it works sometimes it doesn't or you tell your partner to wake you up when the pain body attack comes wake me up when I fall asleep sometimes it works sometimes it doesn't so these are all things that arise as presence arises those things will arise also in the field of presence occasionally they will obscure presence temporarily but now that presence is already active has become activated in many of you long before you came here in some of you perhaps today presence has become activated in

you there's no going back it can only become obscured temporarily and probably will that's fine at any given moment see if you can be accepting of that moment see if you can be not a walking pain body not a walking storyline but presence who you truly are consciousness taking on form temporarily as this body and this mind but you are more than the body and the condition mind the underlying consciousness knowing yourself as that at this moment you don't need to be present or surrender for the rest of your life that would be a problem oh no now I have to surrender for the every day of my life from now on that would be a big task ahead of you stressful am I going to make it but you don't need to only at this moment that's not a lot thank you